

Session type	Abstract Submission
Topic	ALLIED HEALTH PROFESSIONS
Placeholder Abstract	No
Presentation preference	Oral Presentation
Abstract title	FEWER BUT LONGER TREATMENT SESSIONS FOR APHASIA ARE ASSOCIATED WITH BETTER RECOVERY IN THE VERY EARLY REHABILITATION IN SPEECH (VERSE) CLINICAL TRIAL COHORT
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Abstract text	<p>Background and Aims:</p> <p>The Very Early Rehabilitation of SpEech after stroke (VERSE) trial recently showed no benefit of more therapy (26 hours) compared to usual care (13 hours) delivered in the first 12 weeks of stroke recovery. This paper examines the question: <i>What therapy frequency and session length is associated with recovery in individual aphasia therapy regimens in the first 12 weeks after stroke?</i></p> <p>Methods:</p> <p>Participants with aphasia, recruited from 17 Australia/New Zealand acute-stroke units were randomised to one of three treatment arms. This secondary analysis used linear mixed models to investigate the effects of therapy frequency and session length on the Western Aphasia Battery-Aphasia Quotient (AQ) at 12 weeks, after controlling for therapy amount.</p> <p>Results:</p> <p>Participants (n=214) received aphasia therapy (mean=1377 minutes; sd=735) in 36 sessions (sd=19) with mean session length: 39 minutes (sd=11) in the first 12 weeks. The mean AQ was 41.2 (sd=28.0) at baseline and 67.7 (sd=29.5) at 12 weeks. After controlling for baseline stroke and aphasia severity, site and therapy amount, the session length had a significant effect (b=0.33, p=0.024) of increasing AQ at 12 weeks by 0.33 points per minute increase in session length. On average, 1350 minutes of therapy provided in 30 sessions of 45 minutes each, can be</p>

expected to achieve 5 points more on AQ at 12 weeks, than if 45 sessions of 30 minutes each was provided.

Conclusions:

Sessions of longer duration were associated with better recovery than a larger number of shorter sessions which achieved the same total amount of therapy.

If you are describing a clinical trial or clinical trial results, including any ongoing trial, please indicate the trial registration number in the following box. If this does not apply to you please indicate: N/A

ANZ Trials Registry: ACTRN12613000776707

Keywords

**Aphasia
Very Early Rehabilitation
Therapy Amount
Therapy Intensity
Therapy Frequency**